

Chicago Trip 2019 – Minooka XC

Depart: From MCHS Central Campus at 8:00 a.m. on Thursday, June 27, 2019

Return: MCHS Central Campus at approximately 3:30 p.m.

Cost: Covered by signing up for the MIXC Summer Running Program; That form serves as the permission form

Chaperones: Minooka XC Coaches

Requirements

- Signed up for camp
- Regular attendance at summer practice
- Up to date in reporting mileage

Plan for the Day

8:00 a.m. – Buses will depart from Central Campus

9:15 a.m. or so: Bus Arrives at Navy Pier for Drop Off

Team Run Along Lakefront: Lunge Matrix, SSP, Timed Run in Groups, 50/50

Bring money for lunch at Navy Pier Food Court or you may just bring your own lunch.

Swim/Frisbee/etc.

Depart Chicago around 2:00 p.m.

Questions – Coach Kevin Gummerson

E-mail: kgummerson@mchs.net